



# LIVE STAGE “ONWARDS AND UP(SIDE DOWN)WARDS”



## Rx

4 Rounds for Time (cap M-8:00/F-9:00):

- 25' Handstand Walk
- 12 Shoulder-to-Overhead (205/135)
- 25' Handstand Walk
- 250m Partner Run

## Intermediate, Scaled

4 Rounds for Time (cap M-8:00/F-9:00):

- 25' Overhead Barbell Carry
- 12 Shoulder-to-Overhead
- 25' Overhead Barbell Carry
- 250m Partner Run

\* Intermediate: 135/95 barbell

\*\* Scaled: 95/65 barbell

## NOTES

The workout will begin with a clock set to count upwards from 0:00 to 8:00. At 3-2-1-GO, teams will begin the 4-round workout.

With one athlete working at a time, teams will move through the movements in the order listed, completing the entire number of listed repetitions prior to beginning the next movement. Teams may split the repetitions between athletes in any way they see fit. Athletes will continue working until the team has completed the 96 repetitions or the clock has reached the time cap of 8 minutes. Handstand Walks and Overhead Carries are scored as 1 repetition per 5' travelled. The 250m Runs are scored as 1 repetition per 125m travelled.

A team's score will be the time to complete the 96 repetitions. Teams that do not complete all 96 repetitions at the time cap will receive a score of the total number of repetitions completed.

There is no tiebreak in this workout.

## EQUIPMENT

- Barbell appropriately loaded per division.
- Spring Collars

# MOVEMENT STANDARDS

## HANDSTAND WALK

- The Handstand Walk lane will be 25' long, divided into five 5' segments.
- The athlete must kick up with both hands (entire hand including the fingers) BEHIND the line starting the segment being attempted.
- Stepping over the line or landing with the hands on or over the line is a "no rep."
- Athletes must walk "forward," meaning they must kick up into the handstand position from a standing position facing the direction of travel.
- Athletes may continue unbroken through as many of the five segments as they choose.
- Coming down from the hands at any time requires a restart from behind the last line successfully crossed.
- A rep is credited when both hands, including palms and fingers, cross the line before the feet touch the ground.
- Each 5-foot segment will count as one repetition.
- Athletes must Handstand Walk across the line. Jumping the hands across the line to finish a segment as the athlete is falling out of the handstand position will not be allowed.

## OVERHEAD BARBELL CARRY

- The Overhead Barbell Carry lane will be 25' long, divided into five 5' segments.
- The athlete must secure the barbell in an overhead position with both feet BEHIND the line starting the segment being attempted.
- The barbell must remain above the athletes head during the carry. It may not drop below the level of the top of the athlete's head and may not make contact with any part of the body except the hands.
- Athletes may walk unbroken through as many of the five segments as they choose.
- Having the barbell drop out of the overhead position at any time requires a restart from behind the last line successfully crossed.
- A rep is credited when both feet FULLY cross the line with the barbell remaining in an overhead position.
- Each 5-foot segment counts as one repetition.

## SHOULDER-TO-OVERHEAD

- Repetitions begin with the barbell resting on the athlete's shoulders in the front rack position.
- Any variation of Press, Push Press, or Jerk is acceptable.
- The rep is credited when the barbell is at full lockout overhead, with the hips, knees, and arms fully extended and the barbell directly over or slightly behind the middle of the body.
- If a split-style is used, both feet must be brought back in line to finish the repetition.

## PARTNER RUN

- The running lane will consist of a turnaround cone placed 125m from the end of the team's HS Walk / Overhead Carry lane.
- Both athletes must perform the run simultaneously.
- Athletes must run around the cone marked with their respective lane number prior to returning.
- Neither athlete may begin running until the preceding HS Walk / Overhead Carry is complete.
- Athletes may not begin the following HS Walk / Overhead Carry until BOTH athletes have completed the run.

# SCORECARD – “ONWARDS AND UP(SIDE DOWN)WARDS”

Division: \_\_\_\_\_

Team Number: \_\_\_\_\_

Round 1:	
25' HS Walk / OH Carry	5
12 S2OH	17
25' HS Walk / OH Carry	22
250m Run	24

Round 3:	
25' HS Walk / OH Carry	53
12 S2OH	65
25' HS Walk / OH Carry	70
250m Run	72

Round 2:	
25' HS Walk / OH Carry	29
12 S2OH	41
25' HS Walk / OH Carry	46
250m Run	48

Round 4:	
25' HS Walk / OH Carry	77
12 S2OH	89
25' HS Walk / OH Carry	94
250m Run	96

**SCORE:**

**Time to complete 96 repetitions**

(or number of repetitions completed at time cap)

\_\_\_\_\_

Judge Name: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_